

# metro

NEW YORK CITY NO. 1 FREE DAILY IN THE US

Monday, April 3, 2017 [www.metro.us](http://www.metro.us) | t: MetroNewYork | f: MetroNewYork

## THOR-OUGHLY DOMINANT

If Mets are hoping for another World Series return they'll be relying on Noah Syndergaard and his new changeup to lead the talented pitching staff. 26-27



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### 'IT'S OBVIOUS'

A-Rod can't find the words to describe his new romance with J-Lo. 18



Guardian Angel gives 'em hell on radio and TV. 4

Metro's Ellis Henican charges the GOP with possession of stolen property. 10

**METS vs BRAVES**

COVERAGE BEGINS **TODAY 11:30 AM**

**SNY**



# OPENING DAY

## TRUMP PRESSURES CHINA BEFORE XI TALKS

President Donald Trump held out the possibility of using trade as a lever to secure Chinese cooperation against North Korea and said Washington might deal with Pyongyang's nuclear and missile programs on its own if need be. The comments, in an interview published on Sunday by the Financial Times, appeared designed to pressure Chinese President



Xi Jinping ahead of his visit to Trump's Mar-a-Lago resort in Florida this week. "China has great influence over North Korea. And China will either decide to help us with North Korea, or they won't. And if they do that will be very good for China, and if they don't it won't be good for anyone," Trump was quoted as saying, according to an edited transcript published by the newspaper. **REUTERS**

## NATIONAL SECURITY AIDES N. KOREA POLICY REVIEW

President Donald Trump's top national security aides have completed a broad review of U.S. options aimed at countering North Korea's nuclear and missile programs, a senior U.S. official said on Sunday. The review, which was accelerated to have it done before Trump's summit with Chinese President Xi Jinping this week, includes a range of economic and military measures but leans toward new

sanctions and increased pressure on Beijing to rein in its neighbor, the official said. The list of recommendations was put together by Trump's National Security Council on his orders and was ready for his consideration, the officials said, speaking on condition of anonymity. It was not immediately clear if the review had reached Trump's desk or how quickly he would decide on a course of action. **REUTERS**

## PRIZED 1804 US DOLLAR SELLS FOR \$3.3 MILLION

An 1804 U.S. silver dollar sold for \$3.3 million in one of a series of auctions that brought in a record total of more than \$100 million for a renowned private coin collection, organizers said. The silver dollar, one of only eight of its kind, was snapped up at auction in Baltimore. It was one of more than 200 coins sold at the event. The auction series, beginning in



2015, generated a total of nearly \$107 million in sales, according to Stack's Bowers Galleries, which conducted the auctions along with Sotheby's. The collection belonged to Dallas real estate developer Mack Pogue and his son Brent, who had collected coins since the 1970s. Coin dealers Kevin Lipton of California and John Albanese of New Jersey jointly bought the prized silver dollar. **REUTERS**

## 5 THINGS YOU NEED TO KNOW

### CANCER RESEARCH UK BOAT RACE

The Men's Reserve Boats Race pass under Hammersmith Bridge during The Cancer Research UK Boat Race on Sunday in London, England. The 163rd annual Cancer Research Boat Races saw crews from Oxford and Cambridge universities compete on a 4-mile course along the Thames. Oxford won for the fourth time in five years. **GETTY IMAGES**

## ARREST IN SEX ASSAULT SEEN ON FACEBOOK LIVE

Chicago authorities said they had arrested a 14-year-old boy in connection with the sexual assault of a teenage girl by multiple young men that was seen on Facebook Live in March. "Tonight, Chicago Police Department arrested the first of several juvenile offenders in the Facebook sexual assault incident," the department's chief spokesman Anthony Guglielmi said on Twitter. The mother of

the victim of the March assault had approached police after an unrelated news conference and shown them images of her daughter being assaulted by five or six young men. The mother said the girl's uncle had told her about a video on Facebook Live that showed the assault. The high school freshman had gone to the store and her mother became concerned when she did not return. **REUTERS**



## WELCOME TO METRO.US!

GARY KANE, SENIOR EDITOR

First daughter Ivanka Trump and her husband Jared Kushner are worth more than \$740 million, attributed largely to their real estate holdings and investments, according to ethics filings released by the White House. Learn more about what could be the wealthiest administration in the nation's history at [metro.us/news/politics](http://metro.us/news/politics).

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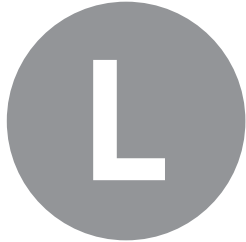
Every Monday, we pick a random winner from the participants who answered correctly one of the quizzes from the previous week.

[metro.us/quiz](http://metro.us/quiz)





# Planned Service Changes



## WEEKNIGHTS

**10:30 PM to 5 AM, Mon to Fri**  
**Apr 3 – 7, Apr 10 – 14**

**No trains between Lorimer St and Broadway Junction**

**Free shuttle buses provide alternate service**

### **L service operates in two sections:**

1. Between Rockaway Pkwy and Broadway Junction
2. Between 8 Av and Lorimer St

### **Travel Alternatives:**

- Free shuttle buses make all **L** station stops between **Lorimer St** and **Broadway Junction**.
- At **Lorimer St**, transfer between **G L** trains and shuttle buses, located on **Metropolitan Av** at **Union Av**.
- At **Myrtle-Wyckoff Avs**, transfer between **M** trains and shuttle buses.
- **A** or **J** service *to/from* Manhattan is available via transfer at **Broadway Junction**.
- Transfer between **A J L** trains and free shuttle buses at **Broadway Junction**, located on **Fulton St** at **Van Sinderen Av**.

### **Stay Informed**

Call 511 and say “Current Service Status,” look for informational posters in stations, or visit **mta.info** – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

**####FASTRACK**



Curtis Sliwa announces the implementation of patrols in Puerto Rico.



Curtis Sliwa.



Morning talk-radio host Curtis Sliwa at work in the WABC studio.



Curtis Sliwa and Lisa Sliwa.



Curtis Sliwa arrives at Manhattan Federal Court after learning that a judge had declared a mistrial on the second day of jury deliberations in the retrial of John A. "Junior" Gotti. ALL IMAGES COURTESY GETTY IMAGES

# Guardian Angel takes to the airwaves to bedevil New York politicians

Curtis Sliwa pulls no punches as a commentator on television and talk radio.

GARY KANE  
@MetroNewYork  
gary.kane@metro.us

Curtis Sliwa emerged as a controversial figure in New York in the late 1970s as the founder of the Guardian Angels. He has parlayed his success as an activist into a career as a political commentator on television and radio. He took time between his ra-

dio shows Friday to speak with Metro New York at the 77WABC Radio station in Manhattan.

The interview has been condensed for publication. An expanded version in which Sliwa talks about the Guardian Angels, the Reform Party and his goals and regrets can be seen on Metro.us.

**What image do you try to project as a talk show? Some say you come across as a clown on NY1's "Political Rundown."**

I just try to inject more entertainment into it because all of these

people are so serious that you'd have a heart attack. Whereas, I think the way you convey information is to have a comedic side to it.

The younger generation [watch] John Stewart and others like him and that's how they get their news and information. They want to be entertained.

**Speaking of politics, how do you rate the performance of Mayor Bill de Blasio compared to the other mayors who have led the city during your lifetime?**

I call him the dope from

Park Slope because he just glides through the office. Now, there are mayors I didn't like. I didn't like [John] Lindsay who I grew up with. I didn't like [David] Dinkins. I didn't like Abe Beame.

Bill de Blasio has his own agenda. He wakes up at 8:30, rolls out with his posse. He goes to work out at the Y in Park Slope, goes across the street for a cup of coffee and a croissant. And then he spends a lot of the time dialing for dollars, openly and boldly.

As far as I'm concerned, he's a part-time

mayor and he's failed miserably and I'd like to make him a one-term mayor.

**What's your take on President Donald Trump?**

He's a crackpot, screwball. I know him well. I have a love-hate relationship with him. He's a manic-depressive and he's schizoid. With Hillary, when she ran, I didn't like her, thought she was a liar, very evasive. So I voted for myself in the presidential election.

**Have you given any thought to running**

**for mayor?**

I'm asked that all the time.

**You're chairman of the Reform Party of New York State. Would you run for mayor as the party's candidate?**

Some of the party members have asked me to run. The only thing I may have to run for, because to maintain the status of the party we have to get 50,000 votes the next gubernatorial cycle, which is in a year. So I might have to run for governor. First of all, I would love to. Cuomo is just so corrupt.

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# Hard work ahead for advocates who convinced de Blasio to close Rikers Island

The 10-year plan requires communities to approve new and reopened jails in their boroughs.



AMANDA MIKELBERG  
@MetroNewYork  
amanda.mikelberg@metro.us

A dream that seemed unfeasible a few months ago — to close the troublesome Rikers Island jail — apparently will be realized because of the unrelenting advocates who turned a remote possibility into a priority in the space of a year.

A new report about the jail's ills released Sunday coincides with Mayor Bill de Blasio's commitment on Friday to initiate a 10-year plan to shut the place down, reduce the jail population by half and house inmates at jails in each borough.

The mayor's support

was hard won.

In January, the CLOSERikers campaign dogged de Blasio, sometimes gathering outside his private fundraising events in the bitter cold — and even followed him to Fort Lauderdale, Florida, at another event — to stress that any effort to fix the city's criminal justice system would be in vain if Rikers continues to exist.

Glenn E. Martin, founder of JustLeadershipUSA that runs CLOSERikers, told Metro that even his friends thought he was crazy for pursuing the shutdown.

"A year ago, people were laughing at me," he said. "My own colleagues, my own allies, literally people who worked their whole lives for criminal justice reform, told me to stop saying it out loud because it just isn't going to happen."

In February, de Blasio



The isolated Rikers Island jail is to be shut down by 2027. GETTY IMAGES

called closing Rikers a "noble concept," but said it was unrealistic. "The problem is, it would cost many billions of dollars, and I have to look out for what's feasible," he said.

"This is a very serious, sober, forever decision," de Blasio said on Friday.

City officials, including City Council Speaker

Melissa Mark-Viverito and the Commission on Criminal Justice and Incarceration Reform, met at John Jay College on Sunday to herald the release of the 146-page report, "Towards a More Just NYC," that details a plan for the overhaul.

The report confirmed salient issues at Rikers

Island that a 2014 report from the Justice Department signaled, particularly the number of people there, 80 percent, who could be free if they had the resources to pay even low bail amounts. It also highlighted inhumane conditions and the dysfunction it creates in families and communities.

Another problem is the difficulty families have in getting to Rikers for visits, which further alienates inmates from the outside world.

In place of the nine facilities on Rikers Island that hold approximately 7,500 inmates, the proposal calls for establishing or reopening a jail in each borough. The overall population in the jail system would be reduced from 9,700 to 5,000, as the mentally ill and drug-addicted are to be diverted to other programs. The transition is to take place over the next 10 years, leading to Rikers' closure.

The cost is estimated to be around \$10.6 billion, but Public Advocate Letitia James told Metro that the new system will reduce cost to taxpayers by up to \$1.4 billion by the end of the 10 years.

For more information about the plan to close Rikers Island, visit [Metro.us](http://Metro.us).

## OPENING WEEK AT YANKEE STADIUM™

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	<b>FRIDAY, APRIL 14</b> <b>7:05 P.M.</b>	<b>SATURDAY, APRIL 15</b> <b>1:05 P.M. CALENDAR DAY</b> <small>PRESENTED BY MASTERCARD® • ALL GUESTS</small>	<b>SUNDAY, APRIL 16</b> <b>8:05 P.M. PEEPS® PLUSH NIGHT</b> <small>PRESENTED BY PEEPS® • THREE 10,000 GUESTS</small>

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All seat locations are subject to availability. Game time, opponent, date and team rosters and lineups, including the Yankees' roster and lineup, are subject to change. Game times listed as TBD are subject to determination by, among others, Major League Baseball and its television partners. Purchasing a ticket to any promotional date does not guarantee that a Guest will receive the designated giveaway item. All giveaway items and event dates are subject to cancellation or change without further notice. Distribution of promotional items will only be to eligible Guests in attendance and only while supplies last.

## New York scraps plan to reduce subway litter by removing trash bins

An experiment in subway garbage disposal has ended in failure.

The city has ended a test program aimed at reducing litter in subway stations by removing garbage bins from stations after it was found the move led to even more litter, local media have reported.

The idea was that people would take garbage with them and throw it away somewhere else.

The program was started in 2011 with the removal of trash bins at two stations and expanded to 39 stations in 2014. It was ended last year, the Metropolitan Transportation Authority confirmed to reporters.

An audit from the Office of the New York State Comptroller found there was an increase in litter and fires on subway tracks after the program was put in place.

"The notion that you're going to be more efficient by taking away



A firefighter responds to a track fire in the Lexington Avenue line tunnels. GETTY IMAGES

the trash cans, so therefore you won't generate so many bags of trash to haul away — like the trash was going to magically disappear — I think that probably wasn't the smartest judgment," State Comptroller Tom DiNapoli told CBS New York.

The annual ridership for the subway system, which has 469 stations, is about 1.76 billion people, according to MTA data.

"We found that there were also better ways that we could remove trash off the tracks and keep trash

from making its way onto the tracks," MTA spokeswoman Beth DeFalco told the TV station.

The MTA did note a reduction in track fires at the 39 stations that participated in the pilot program.

The agency launched "Operation Track Sweep" during the summer, employing two vacuum devices to pull trash from the tracks. The MTA also plans to buy 27 garbage trains to remove the tons of trash deposited in bins at subway stations every day. REUTERS

## EVEN A NEW YORKER WHO KNOWS IT ALL CAN LEARN A THING OR TWO HERE.

### FREE LECTURES PRESENTED BY NYU LANGONE.

#### PERLMUTTER CANCER CENTER

##### Understanding Melanoma: A Patient and Caregiver Symposium

Date: Saturday, April 8 Time: 8:00 am–12:00 pm  
Location: 550 First Avenue, Alumni Hall B

##### Cancer Survivorship Learning Series: Returning to Work

Date: Tuesday, April 18 Time: 6:00–7:00 pm  
Location: 160 East 34th Street, 11th Floor, Room 1121

##### Head and Neck Cancer Screening

Date: Thursday, April 20 Time: 5:00–8:00 pm  
Location: 160 East 34th Street, 11th Floor, Room 1121

##### Skin Cancer Protection and Treatment

Date: Tuesday, April 25 Time: 10:00 am–12:00 pm  
Location: 550 First Avenue, Farkas Auditorium

##### Managing Stress After a Prostate Cancer Diagnosis

Date: Thursday, April 27 Time: 5:30–6:30 pm  
Location: 160 East 34th Street, 11th Floor, Room 1121

To attend Perlmutter Cancer Center lectures,  
email [CancerEvents@nyumc.org](mailto:CancerEvents@nyumc.org) or call 212.263.2266.

#### HEART HEALTH

##### Vascular Disease: What You Need to Know

Date: Tuesday, April 18 Time: 6:00–7:00 pm  
Location: 550 First Avenue, Alumni Hall B

To attend Heart Health lectures,  
email [CVDPrevention@nyumc.org](mailto:CVDPrevention@nyumc.org) or call 646.501.2190.

#### ORTHOPEDIC HEALTH

##### Bone Health Discussion and Screening

Date: Tuesday, April 11 Time: 2:30–5:00 pm  
Location: 301 East 17th Street, Loeb Auditorium

To attend Orthopedic Health lectures,  
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#### SPORTS PERFORMANCE CENTER

##### Nutrition Secrets to Look and Feel Your Best

Date: Thursday, April 13 Time: 6:00–7:45 pm  
Location: 333 East 38th Street, 6th Floor Conference Room

##### Staying Safe on the Diamond

Date: Monday, April 17 Time: 6:00–7:30 pm  
Location: 333 East 38th Street, 6th Floor Conference Room

To attend Sports Performance Center lectures,  
email [rick.kassler@nyumc.org](mailto:rick.kassler@nyumc.org).

#### RUSK REHABILITATION

##### Age-Related Changes to Vision and Device "Hacks" to Adjust

Date: Wednesday, April 19 Time: 5:30–6:45 pm  
Location: 240 East 38th Street, 11th Floor Conference Room

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# Why Aren't Doctors Telling About These Two Often

## *Two Advanced Medical Treatments Every Knee Arthritis Sufferer*

By **NY Pain MD**

**NY Pain MD is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.**

**Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.**

If you suffer with knee or other joint arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

### **Are There Any Better Options?**

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

*Two options that a lot of knee arthritis sufferers have never heard of.*

Before we get into the two treatments, please understand this...

**NY Pain MD** is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

**Know this fact:** There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

### **#1**

#### **Viscosupplementation**

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubricating fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make **natural** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

### **What Results Can Be Expected?**

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

### **But There Is A BIG Problem**

The key is the treatment must be **EXTREMELY PRECISE**. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at **NY Pain MD** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why **NY Pain MD** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

### **Another Important Factor**

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at **NY Pain MD** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at **NY Pain MD** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why **NY Pain MD** is now seeing so many patients as young as 35 to 40.

**Summary:** If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results, you may still be able to get great results with the proper imaging and specific medication.

### **What Should You Do If Viscosupplementation Fails?**

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

**This is not true...and here is why**

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

### **#2: Radiofrequency Treatment**

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.



# Knee Arthritis Sufferers Successful Treatments?

## *Needs To Know - Before Or After Knee Replacement Surgery*

Several branches of nerves that surround the knee are known as “genicular nerves.”

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to “block” the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic “G Block” procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first “test” procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

### Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average “achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indicate some patients may get years of relief in some cases. “RF neurotomy (radio frequency treatment) of genicular nerves leads to

significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases.”

It should also be mentioned that, like all procedures, results will vary patient to patient

### Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

*RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.*

**RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.**

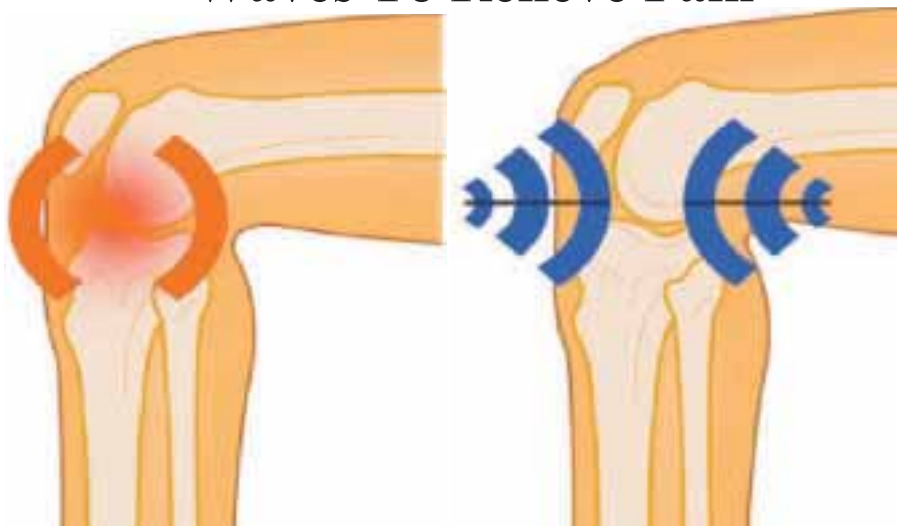
*The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.*

### What To Do Next If You Are In Pain

Here is the “X” factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

## Advanced Treatment Uses Medical Radio Frequencies Waves To Relieve Pain



**Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.**

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

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The Senate Judiciary Committee is weighing the nomination of federal appellate judge Neil Gorsuch to the Supreme Court. GETTY IMAGES



TRUMP'S AMERICA

# GRAND LARCENY, COURT SEAT

OPINION



**ELLIS HENICAN**  
@henican

If someone robbed your house, would you drive the thief to the pawn shop?

So why should Democrats help deliver Neil Gorsuch onto the Supreme Court? That seat is stolen property, too.

That, when all the lesser arguments are stripped away, is the best argument Democrats have as Senate Republicans try to install the silver-haired Gorsuch as the high court's fifth conservative justice. Doesn't the seat belong to Merrick Garland, the eminently qualified Court of Appeals judge who was nominated by Barack Obama last March, only to be denied a vote or even a hearing by Republican leader Mitch McConnell?

Given how Republicans froze out Garland, why should Democrats cooperate this time, even if Gorsuch has a nice résumé and an uncanny resemblance to an actor in one of those erectile-dysfunction ads?

I wasn't the commentator who first noticed that. But it's true. The smooth-talking, right-leaning jurist has the exact same twinkle and the same unthreatening tone. Now, he's putting the moves on Senate Democrats like they're a party of babe-ish 40-year-olds.

Doesn't "no" mean no anymore?

There will be an important hearing today in the Senate Judiciary Committee. Republicans will tout Gorsuch's fine credentials and advance his nomination to the Senate floor. But the Republicans still need 60 votes to overcome a Democratic filibuster. On Sunday, Sen. Joe Donnelly of Indiana became only the third Democrat to fold. That only gets the Republicans to 55.

There are bare-knuckle options on both sides. McConnell threatens to unleash the "nuclear option," if he can get 50 of his fellow Republicans to go along. "One way or another," the Republican leader vows, Gorsuch will be confirmed this week. Democratic leader Chuck Schumer, still smarting from last year's home invasion, is taunting his Republican counterpart: Go ahead and try!

There is an answer to this so's-your-mother back-and-forth, the kind of bipartisan deal that used to get made all the time in Washington. Give this nomination to the man who deserves it, the dissed Merrick Garland, and let Neil Gorsuch — credentials, charm and all — come back the next time a high-court seat is empty.

That would be sensible and fair. Does this one really have to be settled at the pawn shop?

Metro columnist Ellis Henican is a veteran journalist, a best-selling author and a frequent commentator on CNN and other TV networks. Follow him on Twitter @henican.

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# Poll: Mets are fan favorites among New Yorkers

Survey also shows New York residents are losing interest in baseball.



ALEXI FRIEDMAN  
@MetroNewYork  
alexi.friedman@metro.us

With the 2017 baseball season underway, one question looms large in the Big Apple: Which New York team do New Yorkers love the most, the Mets or Yankees?

A preseason poll released Friday found that the Mets held a slight edge over their crosstown rivals in the hearts of New York City baseball fans. The poll by Quinnipiac University showed 45 percent of city dwellers surveyed root for the Mets, while 43 percent prefer the Yankees.

But statewide, it was a very different story.

The Bronx Bombers are by far the most popular team, with 48 percent devoted to the Yankees compared to 34 percent who cheer for the Amazins, according to the survey.

But it wasn't just about which team is the tops in New York. The poll also revealed, or confirmed for most fans, that interest in baseball has slipped among New Yorkers over the past five years.

Quinnipiac found that just 17 percent of New York state residents who were polled said they

were "very interested" in baseball, compared to 20 percent who answered a similar survey in 2012. This year, 26 percent said they were "somewhat interested" compared to 32 percent five years ago, and 57 percent responded they were "not interested" in baseball, compared to 47 percent in 2012.

The poll was conducted between March 23 and 27, and surveyed more than 1,600 adults in New York state. Some New Yorkers, alas, are fans of teams from other cities, and said so in the poll.

Other interesting findings to come out of the survey include:

- Upstate New York baseball fans overwhelmingly prefer the Yankees, 54 percent compared to 14 percent for the Mets.
- Suburbanites also cheer harder for the Yanks than the Mets, but by a narrower margin: 49 percent compared to 44 percent.
- Statewide, 5 percent of fans surveyed said the Boston Red Sox are their favorite team.
- With the Chicago Cubs the reigning World Champs, it's not surprising that 3 percent of fans statewide aligned with the Cubbies.



The Mets' Noah Syndergaard, left, and the Yankees' Gary Sanchez are among the top young players on both New York teams heading into the 2017 season. GETTY IMAGES

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### HACKED

#### New York Post apologizes after app apparently hacked

The New York Post apologized early on Sunday, hours after its app was apparently hacked with what was reported to be alerts about President Donald Trump.

"The push alert system for our mobile app was compromised this evening. Please accept our apologies," the newspaper said on Twitter several hours after the alerts went out.

The tabloid newspaper did not

provide details of the alerts from its app, but screen grabs posted online by Twitter users included an alert reading "Heil President Donald Trump!" among a series that ran on Saturday, which was April Fool's Day.

Other posts were more cryptic, vague or seemingly religious in nature, with the final one reading "with Lucid Love, Selah," according to media reports and screenshots posted on Twitter.

The Post is owned by News Corp. REUTERS

# Flynn did not initially disclose income from Russia-linked companies

The discrepancy on reporting income linked to Russia could add to the scrutiny the retired general, who was forced to resign his White House post after only 24 days, is already under for his contacts with Russian officials.

Michael Flynn, President Donald Trump's former national security adviser, failed to disclose payments from a Russian television network and two other firms linked to Russia in a February financial disclosure form, according to documents released by the White House.

In a form signed by Flynn on March 31, the former White House official listed speaking

engagements to Russian entities, including the Kremlin-funded RT TV, Volga-Dnepr Airlines and Kaspersky Government Security Solutions Inc., a U.S. subsidiary of Russian cybersecurity firm Kaspersky Lab.

The form, released on Saturday, does not say how much Flynn was paid but the speeches are in a section titled "sources of compensation exceeding \$5,000 in a year."

The speeches were not included in a form that Flynn signed electronically on Feb. 11, which the White House also released.

U.S. intelligence agencies have said Russia meddled in the 2016 U.S. presidential election in an effort to help Trump's candidacy. Multiple congressional committees and the FBI are looking into Russia's involvement.

Flynn's lawyer, Robert Kelner, said his client was in the process of submitting his financial disclosures forms in the days before he left the White House.

"That process was suspended when he left. When asked this week to resume the process and finalize the form, he did," Kelner said in an email. He added that it had been "far from clear" that Flynn was required to itemize each speech. The White House did not respond to a request for comment on Sunday.

Flynn was forced out on Feb. 13 for misrepresenting conversations he had with Russian Ambassador Sergei Kislyak before Trump took office and misleading Vice President Mike Pence about them.

Trump, a Republican, has said Democrats were pursuing investigations



Flynn has requested immunity if he testifies before the intelligence committees of the U.S. Senate and the House of Representatives, Kelner said last week. GETTY IMAGES

because they were upset about his Nov. 8 victory over their party's candidate, Hillary Clinton.

The Russian government has denied the allegations that it interfered

in the U.S. election and released hacked emails of Democratic groups to tip the election toward Trump, who has called for better U.S. relations with Moscow. REUTERS

## SOUTH AMERICA

### Venezuela opposition turns ire on Supreme Court judges

Venezuela's opposition lawmakers said on Sunday they will push for the removal of Supreme Court judges whom they accuse of acting on behalf of the ruling Socialists after the top tribunal briefly assumed control of congress last week.

While the move by the opposition-led congress would only be symbolic because it remains powerless, it could add to pressure on unpopular president Nicolas Maduro as he tries to defuse the furor over what critics saw as a lurch into dictatorship.

The Supreme Court's ruling last week that it would take over functions of the National Assembly triggered international condemnation and opposition protests at home.

Even the country's attorney general, a longtime government ally, said the decision was unconstitutional in a rare public rebuke from Maduro's ranks. On Saturday, at the request of the government, the Supreme Court eliminated the offending ruling.

But Maduro opponents said no one should believe that row-back meant democracy had been restored in the nation of 30 million people with the world's largest oil reserves. REUTERS

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# Schiff says Trump wants focus on tweets, not Russia probe

Trump has repeatedly used Twitter to attack reports on Russian election meddling as “fake news” and “witch hunts” and denounce leakers of classified information on the issue.

*“The real story turns out to be SURVEILLANCE and LEAKING! Find the leakers.”*

Trump, in a Twitter post on Sunday

throw the focus on the possibility of illegal leaks of classified information and whether Trump or his associates were caught up in incidental collection by surveillance that was targeting foreigners.

Congressional committees, along with the FBI, are investigating what U.S. intelligence agencies have concluded were attempts by Russia to influence the Nov. 8 presidential election in Trump’s favor. They also are looking at any links between Russia and

Trump.

Schiff said Trump himself tried to shift Congress’ focus away from that core mission of foreign intervention.

“I think his tweets tell the story,” Schiff said on CNN’s “State of the Union.” “And the story is look over there — at leaks, and look over there — at anything the Obama administration we can claim did wrong on incidental collection or anything else.”

“But whatever you do, under no circumstances look here, at me or at

The top Democrat on the House Intelligence Committee accused President Donald Trump on Sunday of trying to divert Congress from its investigations of Russia’s role in the 2016 U.S. election and any links between Moscow and the Trump campaign.

Rep. Adam Schiff said the Republican president and his aides have instead attempted to

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Rep. Adam Schiff GETTY IMAGES

Russia," he said.

Trump has repeatedly used Twitter to attack reports on Russian election meddling as "fake news" and "witch hunts" and denounce leakers of classified information on the issue.

"The real story turns out to be SURVEILLANCE and LEAKING! Find the leakers," Trump said in a Twitter post on Sunday.

Republican Sen. John Cornyn, a member of the Senate Intelligence Committee, was asked about Trump's Twitter commentary on the congressional investigations.

"Sometimes I think this is a distraction from what we should be doing," Cornyn said on CBS' "Face the Nation."

The Senate panel intends to begin interviewing as many as 20 people, including Jared Kushner, Trump's son-in-law and one of his closest advisers, as early as Monday.

White House spokeswoman Sarah Huckabee Sanders said on Sunday there was no evidence of Trump collusion with Russia to win the election. "It's time to move on," she told Fox News.

On March 4, the president without giv-

ing evidence accused his Democratic predecessor, President Barack Obama, of ordering a wiretap of Trump Tower. No elected official, including from Trump's Republican Party, has supported the claim.

But the Republican chairman of the House intelligence panel, Devin Nunes, set off a political firestorm on March 23 when he said the communications of members of Trump's transition team were caught up in incidental surveillance targeting foreigners.

Nunes refused to share the source of his information, but The New York Times revealed last week that two White House officials provided him with the documents on the surveillance, which Trump said was somewhat vindication of his wiretap claim.

Schiff went to the White House on Friday to view the documents. Asked on CNN if he understood why Nunes had issues with the surveillance, Schiff would only say, "I don't agree with the chairman's characterization." REUTERS



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# Rescuers, locals dig for Colombia flood victims, at least 210 dead

President Juan Manuel Santos urged Colombians to brace for continued rains and take what precautions against flooding.

Families and rescuers searched desperately on Sunday through mud-plastered rubble for victims of flooding and landslides in Colombia that have killed at least 210 people, injured hundreds and devastated entire neighborhoods.

Several rivers burst their banks near the southwestern city of Mocoa in the early hours of Saturday, sending water, mud and debris crashing down streets and into houses as people slept.

Officials in the nearby town of Villagarzon said they had no storage for recovered bodies and asked

Rescuers search for victims following mudslides caused by heavy rains in Mocoa, Colombia, on Sunday. GETTY IMAGES



for government help.

Many families in Mocoa stayed up through the night to search in the debris, despite lack of electricity in the city.

"I need to know where they are, if they are injured or where to find them," sobbed Maria Lilia Tisoy, 37, looking for her two daughters, one pregnant, and a 4-year-old

granddaughter in the rubble.

"If they are dead, please, God, deliver them to me."

President Juan Manuel Santos, who said climate change caused the disaster, made a second visit to the area on Sunday. He said water and energy services would be restored as soon as possible.

The army said on Saturday that the death toll was 254, with 400 people injured, but Santos and disaster authorities gave a lower toll, of 210 killed and 203 injured.

Volunteers and firefighters tended to 82 bodies downstream in the town of Villagarzon and said many corpses were still caught in debris.

*"I need to know where they are, if they are injured or where to find them. ... If they are dead, please, God, deliver them to me."*

Maria Lilia Tisoy, 37, looking for her two daughters, one pregnant, and a 4-year-old granddaughter in the rubble.

"We had to recover them ourselves," Villagarzon Mayor Jhon Ever Calderon told Reuters. "We think we'll find more."

The town has no coffins or sanitary storage, he said.

Disaster officials said 600 people were staying in emergency housing and social services had helped 10 lost children find their parents.

The disaster came amid extreme weather across the region, including deadly flooding in Peru and drought-induced forest fires in Chile.

Families of the dead

will receive about \$6,400 in aid, Santos has said. The government will cover hospital and funeral costs.

Even in a country where heavy rains, a mountainous landscape and informal construction of homes combine to make mud and landslides a common occurrence, the scale of the Mocoa disaster was daunting compared to recent tragedies, including a 2015 landslide that killed nearly 100 people in Antioquia.

Colombia's deadliest landslide, the 1985 Armero disaster, left more than 20,000 dead.

REUTERS



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## A-Rod has a few words to say about J-Lo

Alex Rodriguez has nothing but nice things to say in very short sentences about his new girlfriend, Jennifer Lopez. These words will either warm your heart or make you wonder whether or not A-Rod has an advanced grasp on the English language.

According to Us Weekly, the 41-year-old broke his silence about his relationship, and it's pretty clear he is begging for someone to buy him a thesaurus.

On whether or not he and Lopez are having a

good time: "It's obvious. We've been having a great time. We're having a good time."

Is she a girl, or a woman? "She's an amazing, amazing girl."

What's your grasp on adverbs like? "I mean, she's a very, very simple person."

What about complete sentences, do you use those ever? "Loves family. Is a great sister. Is a great daughter." Okay!

The two started quietly dating earlier this year. They reportedly like each other mostly because

they both have Latin roots and children. Truly inspiring.

the word

RACHAEL CLEMMONS  
rachael.clemmons@metro.us

## Brad Pitt returns to his peak form

Brad Pitt is in the news again, and you won't believe why.

The actor, 53, has been going through a very dramatic divorce and custody battle with Angelina Jolie, a woman you may have heard of. That's something that can really mess with your self-esteem, you know? So the "War Machine" star decided to focus on himself. I imagine Pitt's decision to look inward has been inspired by his therapist, his sculptor friend, Bon Iver and probably the guy who works at his favorite gyro stand.

Pitt thought to himself: "When was I happiest? I mean, when was I at my best? Before Angelina

came in and saved me, then ruined me?" At first, looking in the mirror, he thought, "Was it me in 'Meet Joe Black'?" But then he thought deeper, harder. "No. It was me in 'Fight Club,' where I acted my nicely shaped butt off, and also had a phenomenal six-pack that glistened, even when there was no light."

Having finally understood where to find his inner power, Pitt vowed to return to himself at his peak:

"Fight Club"-era Pitt. What I'm saying is, E! News is reporting that Brad Pitt has stepped out in Los Angeles looking thinner and fitter than ever, and based on what I know, I assume this is why.



## Russell Brand talks Katy Perry divorce

Sigh. Russell Brand appears to be vying for Katy Perry's forgiveness for some reason.

In an interview for the W Channel's "John Bishop: In Conversation," he noted that it was difficult to safeguard the relationship from external influences: "Obviously the marriage didn't last for a very long time, and I think that is to do with the undulated nature of fame and that living in those

conditions and what was happening," Brand said.

But Brand feels totally OK about it now. "I still feel very warm toward her." He had previously noted that Perry was the kind of person he hated in his 2015 documentary, "Brand: A Second Coming," saying that "I'm associated with the very thing I detest: vapid, vacuous, plastic, constructed, mindless celebrity."

## Shia LaBeouf won't face court for fighting Nazis

Shia LaBeouf, king of problematic faves, will not be charged for attacking a Nazi. It is 2017.

According to Entertainment Weekly, assault charges against the "American Honey" actor have been dropped. LaBeouf was charged with misdemeanor assault and a harassment violation in late January after allegedly attacking a 25-year-old white supremacist during a protest against President Donald Trump. LaBeouf was given a pre-arraignment dismissal, citing insufficient evidence.

The alleged victim said to LaBeouf that "Hitler did nothing wrong," at the actor's interactive, anti-Trump art installation, "HE WILL NOT DIVIDE US." In response, the actor shoved him



away. LaBeouf then allegedly pulled the man's scarf, which scratched the victim's face, so you know. He pressed charges.

May LaBeouf lead us in the fight against other things that have no business in our modern times: discrimination, the black plague, and whatever is going on with Mike Pence.

## Odd couple Naya Rivera and David Spade spotted cuddling



Naya Rivera is reportedly dating David Spade because the apocalypse is nigh and it's the time to explore all of our deepest, darkest fantasies.

E! Online has photos of the two getting extremely cozy at the Halekulani Hotel pool in Waikiki. Rivera, 30, and Spade, 52, met on the set of an upcoming comedy, "Mad Families." A source assures E! that the relationship is not at all fake, or an April

Fool's joke.

They're an odd couple, sure, but stranger things have happened. Rihanna went on a date with Shia LaBeouf, once. In the last 20 years, Johnny Depp transformed from a totally bangable eccentric into a pile of dingy scarves with googly eyes rimmed with day-old mascara on top. Donald Trump successfully ran for president of the United States.



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# Danny Boyle on how men age badly and the upside of heroin

The Oscar-winning director opens up about "T2 Trainspotting"



**MATT PRIGGE**  
@mattprigge  
matt.prigge@metro.us

Danny Boyle was really not sure he wanted to make a "Trainspotting" sequel. There was talk of a follow-up back around 2006, as the smash hit — the one about young heroin addicts played by Ewan McGregor, Jonny Lee Miller, Ewen Bremner and Robert Carlyle — was turning 10. But it didn't feel right.

"If we went back to it, and the actors didn't look that different — which they didn't 10 years ago — and we didn't really have anything to say, other than to rehash some of the jokes, it wasn't good enough," Boyle tells us.

Cut to 2015, with the 20th anniversary looming, and they decided to take another crack at it. It turns out the new "T2 Trainspotting" is very different indeed: gloomier, sadder, though still darkly comic. Where the first film was about youth, the second is about aging, and how badly our heroes — reunited after two decades — are handling their mid-40s.

We talked to Boyle — who since the original has made "28 Days Later," "127 Hours" and "Slumdog Millionaire,"



The original cast including Ewan McGregor and Jonny Lee Miller are back in "T2 Trainspotting." JAAP BUITENDIJK

which netted him a Best Director Oscar — about making a very different sequel, the controversy that plagued the first and, of course, heroin.

**What was the thing that convinced you a "Trainspotting" sequel would be more than a rehash?**

As we talked about it, something more personal emerged. We wanted to be honest about decay, about wounds, and — since it's a very male environment, the original film and this new one as well — about how poorly men age. Our representatives of that are a very peculiar group, obviously,

because of their relationship with drugs and with each other. But it's about the transition from a celebration of all that energy of youth to manhood, and male behavior over time.

**You had no problem getting funding for this movie, whereas with the first, that must have been incredibly difficult.**

Back then, nobody wanted a drug movie. They don't work, nobody goes to see them. And they're depressing. The only reason we got permission to do it was because of the success of our first film, "Shallow Grave." And we had an idea of how to

do it, so it was a celebration of the novel [by Irvine Welsh]. Whereas this new film is a little more introspective — inevitably, because of their ages. And also because of their reckoning. If you're going to do a film with

the premise that Renton returns after an exile of 20 years, there's going to be more of a sense of reckoning rather than an immersion in a style of life, which is what the first one is, really.

**The tone is different, too. It doesn't look or feel like the first.**

The biggest change is there's no voiceover. The first is a voiceover film. There's hardly any dialogue. It's all led by Renton. He leads you through the visuals. That was a big decision, not to give him voiceover this time. He can't hide behind the voiceover. He can't smart aleck his way through a voiceover again. He's got to say what happened. Eventually do hear him say that he's 46 and he's f—ed. That makes a huge difference to the style of the film, how you shoot it.

**At the time, the first "Trainspotting" was criticized for "glamorizing" drugs. But it's so much more complex, which is not to say that it's actually simple anti-drug propaganda.**

A lot of those comments were made without seeing the film, generally speaking. But there was a malaise at the time that the film tried to break. People often moralized in a way that was disconnected from the experiences of a lot of the people who were going to see the film, who did have a relationship with drugs. That relationship is full of risks, but they're risks they're willing to take.

The first one is a celebration of that recklessness, that carelessness, that abandon you have as you emerge out of childhood. It didn't try to moralize about it, because that's what was unique about the book: It gives you their perspective, of these people who are normally viewed by mainstream society as victims or stupid or evil.

Often the people who are dealing out that morality have a relationship to drugs themselves. As Renton points out in the voiceover, they're addicted to the drug du jour, whether that's Prozac, whether that's Viagra, whether it's painkillers. And heroin is a painkiller. It's in our hospitals, and if we're lucky we'll all die on it, because it's a very nice way to go, apparently. I've seen elderly relatives self-administering it. If you're unlucky enough to be in a car crash, you'll be on it. It's an extraordinary drug.



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"13 Reasons Why" stars Dylan Minnette and Katherine Langford are about to blow up.



Netflix's new drama "13 Reasons Why," based on the young-adult novel by Jay Asher, follows Clay Jensen (Dylan Minnette), a teenager who returns home from school to find a mysterious box with his name on it. Inside he finds tapes recorded by his classmate Hannah Baker (Katherine Langford), who committed suicide two weeks earlier. On the recordings, Hannah explains the 13 reasons that led her to end her life.

We spoke with the two 20-year-old rising stars about working with executive producer Selena Gomez and how they think the show will help spread awareness about adolescent-mental-health issues.

**The show tackles pretty heavy subject matter. What research did you do for the role?**

**Dylan Minnette:** They brought psychiatrists and consultants to the pre-production and during shooting. We also had the opportunity to talk with people who have had real life experience with these issues. That certainly helped us gain awareness.



Dylan Minnette, left, and Katherine Langford star in the series "13 Reasons Why," now streaming on Netflix. NETFLIX

**Katherine Langford:** The producers were exceptional and were very accommodating. They were aware that it would be six months of filming and that we are young actors. At least for me, this is my first job! I felt like they gave us all the necessary resources.

**How will the show educate viewers about teen depression and suicide?**

**DM:** From watching Hannah's character specifically, I want [view-

ers] to realize that the smallest thing you do, from a random act of kindness to the slightest snub, can impact someone else's life, for better or for worse.

**KL:** I think it's normal to feel isolated or under pressure during the last years of high school: You're trying to understand who you are and what you want to do in the future, and that is a lot to process no matter how old you are. But that's not the same thing as being

depressed or suicidal. That's where we need more education, to know when a person needs help; and not everyone who gets depressed goes down the same path as Hannah. But the truth is that too many young people do. And I think we can all agree that teen suicide is a tragedy and we as a society need to find ways to address it.

**What was it like working with Selena Gomez?**

**DM:** She has been really



From left, Langford, Selena Gomez, Minnette NETFLIX

supportive of us, not only in terms of the show but also how we manage our social networks and what will happen once the series premieres. She more than anyone

knows what it means to live your life in the public eye and I think she has been incredible in helping to prepare us for what comes next.

**Are you ready for fame?**

**KL:** I'll know when it happens. [Laughs]  
**DM:** Ask me in the next interview.



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# China's terra-cotta warriors come to the Met

Never-before-seen treasures make up the stunning "Age of Empires."



EVA KÍS  
@thisiskis  
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Think you know China? Think again at the Metropolitan Museum of Art's "Age of Empires," which brings more than 160 artifacts exclusively from the country's museums and cultural institutions, much of them never before seen outside of its borders.

"Age of Empires" is the largest and most important display of Chinese art in the United States this year," says the Met's director, Thomas Campbell. "It's a window looking back 2,000 years into the founding of the Chinese territory."

Securing the artifacts across 13 provinces took seven years. The result is a lush, expansive and often-surprising overview of the 400-year period of the Qin and Han dynasties, when modern China began to emerge.

## Instruments of war

"Age of Empires" begins in 221 B.C., when Em-



This replica of a chariot and horses is part of the terra-cotta army. COURTESY QIN SHIHUANGDI MAUSOLEUM SITE MUSEUM

peror Qin Shi Huang conquered and united the many warring provinces of China in just nine years. It's his grand tomb that Xian's famous terra-cotta army was created to guard, with five original warriors on display at the Met. (Excavation is ongoing, decades after the first terra-cotta soldier was discovered during the digging of a well in 1974.)

Then came the more tedious but necessary aspects of unifying the country, introducing standardized measurements

and money. Though it lasted only 15 years, the Qin Dynasty created the necessary stability to pave the way for the flourishing of art and philosophy that took place under the Han Dynasty, according to Jason Sun, curator of Chinese art at the Met.

## A time for art

The rest of the exhibit, which continues through A.D. 220, contains the spoils of a peaceful and prosperous time in China: carved tiles depicting

court scenes; more tomb relics of entertainers who would also accompany the emperor in the afterlife; gleaming vases and delicately carved cooking vessels; exotic animals like rhinos and elephants imported to roam gardens.

## Cultural exchange

For all that building a Great Wall seems to say about China, what's revealed in "Age of Empire" is just how much contact it had with the rest of



The influence of European cultures can be seen in Han-era sculptures. EVA KÍS

the world. "We think of globalization as a modern phenomenon, but if you look closely it's been there for hundreds, thousands of years," says Sun.

The nomadic people of Northern China brought back relics from Africa and Europe, whose influences are evident in a turquoise gemstone necklace that looks right out of ancient Egypt, a partial statue of a strongman in the style of Alexander the Great's Hellenistic era, and a bronze statue wearing a Roman-style head-

## If you go

"Age of Empires"  
April 3-July 16  
The Met, 1000 Fifth Ave.  
\$25 (suggested)  
metmuseum.org

dress. "This cultural exchange and the ability of Chinese artisans to learn digest and come out with their own version is what makes Chinese art alive and dynamic."



Cowry container; Niu Zhong Bells; rhinoceros. COURTESY YUNNAN PROVINCIAL MUSEUM; JIANGXI PROVINCIAL INSTITUTE OF CULTURAL; NANJING MUSEUM

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# 3 Ways to start your week

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## The Works: Chloe Sevigny at Nitehawk Cinema

From now through May 6, the Nitehawk is holding a retro fest featuring 11 of the indie queen's seminal films. While Wednesday's showing of "Boys Don't Cry" is sold out, don't, er, cry; the 42-year-old actress' 1995 debut, "Kids," airs this Friday and Saturday at 12:10 a.m. Later in the month, catch her turns in David Fincher's serial-killer opus "Zodiac," Jim Jarmusch's "Broken Flowers," Whit Stillman's "Love and Friendship" and more.  
Nitehawk Cinema, 136 Metropolitan Ave, dates and times vary, nitehawkcinema.com

## Pitch Talks at The Bell House

Batter up, it's baseball season. On the heels of opening day, Pitch Talks hits the Bell House on Tuesday night. Described as an "interactive baseball conference built for fans," the event features talks and Q&As with baseball-savvy speakers including actor Hank Azaria, sports journalist Jonah Keri, Deadspin's Hannah Keyser and others.  
The Bell House, 149 Seventh St., Tuesday, 7:30 p.m., \$25, thebellhouse.com

## Monday nights with the 41 Players at Bar Chord

Music lovers with an early bedtime: now there's a way to get in your tunes and get home at a reasonable hour. Beginning tonight — and every following Monday in April — New Orleans-style funk ensemble 41 Players will do an early set from 7 p.m.-10 p.m. at Bar Chord in Ditmas Park. Fun fact: The band is named after Pier 41 in Red Hook, where founding member and keyboardist John Deley lives. And while there aren't actually 41 members, the band has a rotating cast of players who accompany the group's five-piece core. Music and red beans and rice (a Monday staple in New Orleans) are free; remember to tip the band and the bartenders.  
Bar Chord, 1008 Cortelyou Rd., barchordnyc.com

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# jobs & education

## A great salary is just one benefit of becoming an occupational therapist

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Jobs are plentiful in this rapidly expanding rehabilitation field

SARA FEINSTEIN  
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Consistently ranked as one of the most recession-proof jobs, occupational therapy offers more than just stability. It also boasts a great starting salary (about \$53,000), flexibility and overall job satisfaction.

Even better, the field is rapidly growing. The Bureau of Labor Statistics estimates that occupational-therapist jobs are expected to increase 27 percent between 2014 and 2024 (much higher than average) and 30,400 positions will need to be filled in that time.

As a health and rehabilitation profession, the main role of an occupational therapist is to help injured, ill or disabled people of all ages — from newborns, to the elderly — regain their ability to perform everyday tasks, says Jacobs.

**What does an OT do?**

Their exact role, however, depends on the sort of issues the patient is dealing with, whether it be mental, physical, emotional or developmental. After assessing the patient, the OT will map out a plan to help the patients meet their goals, which can range anywhere from being able to brush their teeth or grasp a pencil, to walking steadily.

Jacobs explains it as, “We focus on what we call ‘occupations’, which are these meaningful everyday activities that

people do.”

#### Breaking into the field

There are two routes to enter the profession, says Jacobs: You can train to be an occupational therapist or an occupational therapist assistant.

On the assistant level, students need to complete a two-year program that’s typically offered at variety of community colleges, and then pass the national certification exam before becoming a certified occupational therapy assistant.

An occupational therapist must have a master’s degree or doctorate in occupational therapy. They must also complete two, three-month fieldwork programs, she explains, “which, depending on the program, could be after all of your course work is done, or be integrated in during your schooling.” After that, students must pass the National Board for Certification in Occupational Therapy exam (NBCOT), and apply for a license in the states they want to

practice in.

#### What’s the typical salary for an occupational therapist?

The median annual salary for occupational therapists was \$80,150 in 2015, according to the most recent reports by the Bureau of Labor Statistics. The best-paid 10 percent in the profession made \$116,030, while the lowest-paid 10 percent made \$53,250.

#### Is it hard to find employment?

“Not at all,” says Jacobs. “There are plenty of opportunities, and we’re finding that that’s growing because of demographics.” The need for occupational therapists is expected to increase as baby boomers age and still strive to live life to their fullest, she explains. There’s also been an increase in the diagnosis of autism, and an increasing demand for school-based occupational therapists, which makes the profession all the more necessary.

#### The pros

“The sky’s the limit, because we work with all people,” says Jacobs. And the field provides a wide variety of places to work. OTs could be working in academia, nursing facilities, schools, hospitals, or mental-health facilities, to name a few. “Plus, there’s a growing area of entrepreneurship, where OTs are spreading their wings and starting their businesses as well,” she explains.

The main draw: “Our students are getting very good salaries, a lot of opportunities for advancement and a lifetime of gratification because it’s a profession that really makes a difference in people’s lives,” says Jacobs.

#### The cons

“The field is so broad, which oftentimes causes confusion,” says Jacobs. “Sometimes people don’t really understand what we do and so it may take a little while for us to help them understand our role.”

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Student loan debt keeps you tied to your past. iStock

## How I ditched student debt

Amanda Page took extra jobs to earn enough cash for “monster payments” on her student loans.



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Amanda Page is student-loan-free, but it was far from an easy road. She left school in 2004 with \$48,500 in federal student loans from her graduate and undergraduate studies. Before defending her thesis, she consolidated her loans and signed up for the Department of Education’s graduated repayment plan, which lowered her initial payment amount.

Ten years later, after deferring her loans, she realized that she’d paid off less than \$1,000 of her total balance. She decided to get serious about her debt, and after 14 months of hard work, she was free of her loans.

Here’s her student loan story:

### What steps did you take to pay off your loans?

The first thing I did was call my lender and have them explain the payments to me. I couldn’t understand why some months more money went to interest than principal ... so I decided on my strategy of making “monster payments.” I started taking on a lot of extra work: temporary office jobs when my schedule allowed, extra courses to teach, freelance writing gigs and selling some stuff on Craigslist. I made my first monster payment of \$4,300, which I accumulated through extra work. After that, I was hooked.

### Would you change anything about your approach?

The only thing I can think of is the lack of savings I ended the year with. I would have worked harder to put more money into my retirement accounts. I feel woefully behind on my retirement savings, and I was so focused on eliminating the debt that I didn’t think much about that particular piece of the personal-finance picture.

### What advice would you give to other borrowers?

I would recommend seriously looking at the story you tell yourself about your debt. For a long time, I resented my undergraduate debt and felt like it wasn’t mine to pay. Once I reframed the story, took responsibility for my role in accumulating it and told myself that I was capable of eliminating it, then my life opened up. [To pay off student loans quickly,] you have to earn more and reduce expenses — doing only one won’t move the dial.

### How you can get out of student debt, too?

While “monster payments” may not be in the cards for every borrower, you can use other strategies to manage your debt and pay off your loans.

If you’re having trouble making payments on your federal loans, income-driven repayment plans can help you get your debt under control. These cap your payments at a percentage of your income and extend your loan term to 20 or 25 years. You have to reapply every year to stay on your plan, and at the end of your loan term, any leftover balance is forgiven and taxed as income.



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# Only injuries can stop Mets from earning another October appearance



Playing under a new contract, Yoenis Cespedes wants to put together an MVP season. GETTY IMAGES

## Projected rotation

- Noah Syndergaard
- Jacob deGrom
- Matt Harvey
- Zack Wheeler
- Robert Gsellman

## Projected lineup

- Jose Reyes - 3B
- Curtis Granderson - CF
- Yoenis Cespedes - LF
- Jay Bruce - RF
- Neil Walker - 2B
- Asdrubal Cabrera - SS
- Lucas Duda - 1B
- Travis d'Arnaud - C

arrival, Granderson still smacked 30 homers last year.

Jay Bruce was a streaky but mostly disappointing addition at the trade deadline last season. After failing to swap him over the winter, the Mets hope Bruce can return to the form he showed in Cincinnati.

Talent runs deep on the bench in the form of Michael Conforto and Wilmer Flores, but the envy of the league isn't the Mets' lineup, but rather their rotation.

Noah Syndergaard (14-9, 2.60 ERA in 2016) starts in the Mets' Opening Day clash with the Atlanta Braves on Monday. Despite an alarming base-stealing rate allowed and bone spurs which bothered him throughout the season, Syndergaard still managed to produce All-Star results on the mound in 2016.

Backing up "Thor" will be Jacob deGrom and Matt Harvey, who could be No. 1 starters for half the teams in baseball. Both will be coming off injuries that ended their 2016 campaigns prematurely, but each have turned in encouraging results down in Florida this March.

Electrifying lefty Steven Matz won't be on the Opening Day roster, which opens the door for both Robert Gsellman and Zack Wheeler, who sat out the last two seasons while recovering from Tommy John surgery.

Finally, the Mets will exhibit one of the deeper bullpens in the National League. Setup man extraordinaire Addison Reed will be filling Jeurys Familia's shoes until the latter returns from a 15-game suspension.

Reliable options like Fernando Salas, Jerry Blevins, and Hansel Robles also return, and they'll be joined by young, hard-throwing lefty Josh Smoker. Rafael Montero, once among the Mets' most promising prospects, will also pitch in relief to work his way back into the good graces of the organization.

expected. Accompanying Reyes on the left side of the diamond is Asdrubal Cabrera, who posted his best big-league average since 2009 (.280) and clubbed 23 homers last season, two short of his all-time high.

Lucas Duda's back kept him out of action for over half of last season, but his results at the plate throughout spring training have been encouraging. The power-hitting first baseman will have plenty of motivation in a contract year once an injured hamstring is completely healed.

Neil Walker did his best Daniel Murphy impression until the injury bug bit. Fresh off accepting a one-year, \$17.2 million qualifying offer, Walker will also be in pursuit of big bucks after this season.

Travis d'Arnaud could be playing for his job as starting backstop; the oft-injured catcher that's showed flashes of promise in four seasons was rumored to have been nearly replaced by Jonathan Lucroy during last year's trade deadline.

Curtis Granderson is the oldest member of a crowded outfield for the Amazins'. He'll be trying to play a full season in center after filling in part-time in 2016. Though his batting average dipped, which forced Terry Collins to move him down from the leadoff spot upon Reyes'

## Metro's season preview for the 2017 New York Mets.

ROBERT CRISCOLA  
@MetroNewYork  
sports@metro.us

The 2016 season ended in bitter disappointment for the New York Mets, as they were eliminated in a winner-take-all wildcard showdown with the San Francisco Giants. However, the 2015 National League champions showed plenty of resolve despite losing half their Opening Day roster to the DL and look loaded for bear in 2017.

Yoenis Cespedes will be getting paid handsomely for the next four seasons but has single-handedly carried the Mets' offense at times since mid-2015. The Cuban slugger says he's gunning for the MVP award this year, and it would be foolish to bet against him after the terrific season he had at the plate in 2016 (.280/.354/.530, 31 home runs, 86 RBIs) despite a nagging quad injury.

Jose Reyes leads off, and his 2016 reunion with the team that signed him back in 1999 went better than many

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# Syndergaard poised to reach new heights with new pitch in 2017

“Thor” set to introduce a devastating changeup to his repertoire.



JOE PANTORNO  
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sports@metro.us

With a bevy of hard-throwing hurlers that can go toe-to-toe with any lineup in baseball, the New York Mets' starting rotation carries the hopes of millions upon their respective arms.

But one pitcher has quickly separated himself as the ace; and it just so happens to be the youngest member of the rotation who also has an affinity for Norse mythology.

At 24 years old, Noah Syndergaard, often called “Thor,” has been the Mets' star on the hill since his 2015 debut.

When Matt Harvey, Jacob deGrom and Steven Matz all went down with injuries last year, Synder-



Noah Syndergaard will lead the Mets rotation into the new season. GETTY IMAGES

gaard took over, going 14-9 record with a 2.60 ERA (3rd in MLB) and 218 strikeouts (4th in MLB).

Most of his success derived from a two-pitch repertoire that included a fastball that regularly reached triple digits and a slider.

This offseason, the All-Star went and added another thunderbolt in the form of a devastating changeup as a fourth option behind his curveball.

It will hover around 10 miles per hour slower than his fastball but will bear in on right-handed batters at the same trajectory as his two primary pitches.

That kind of arsenal will make Syndergaard almost impossible to prepare for, as batters will have little idea how the pitch will break.

On Opening Day Monday, the Atlanta Braves will get the first chance

## Mets starters statistics from 2015-2016

Noah Syndergaard:  
23-16, 2.89 ERA, 384 K's

Jacob deGrom:  
21-16, 2.76 ERA, 348 K's

Matt Harvey:  
14-18, 3.41 ERA, 264 K's

Steven Matz:  
13-8, 3.16 ERA, 163 K's

Zack Wheeler:  
Did not pitch (Tommy John surgery)

to try and provide a blueprint on how hitters can attack him.

But with Thor poised to make a legitimate run at the NL Cy Young Award this season, the Braves shouldn't expect much as it looks as though a perfect storm is brewing in Queens for the Mets' ace.

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To advertise, call Peter Blankenstein at 212-457-7751 or email [peter.blankenstein@metro.us](mailto:peter.blankenstein@metro.us)

Are you worried about your own memory or the memory of a loved one? Is there a history of Dementia or Alzheimer's Disease in your family?

This is a research study for individuals age 55-95 with memory complaints to see if one's sense of smell can predict response to memory treatment.

**If eligible, participants receive:**

- ♦ Medical evaluation
- ♦ 1 year of treatment for memory deficits
- ♦ Memory/cognitive performance monitoring by experts
- ♦ Sense of smell testing
- ♦ Monetary compensation

*If interested, please call*  
**(646) 774-7204 or (646) 774-7202**

The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by a research grant from the National Institute of Health.

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Researchers at Rockefeller University are conducting a study to learn more about the immune system of people previously infected with dengue, zika, or chikungunya virus.



#### You may be eligible if you:

- > Have ever had a prior diagnosis of dengue, zika, or chikungunya virus

#### Participation includes:

- > Receipt of this year's flu vaccine (even if you have already received it)
- > 4 outpatient visits
- > Blood work
- > Compensation

To learn more, contact our Recruitment Specialist at 1-800-RUCARES or email us at [RUCARES@Rockefeller.edu](mailto:RUCARES@Rockefeller.edu)



GCO 14-2036

### Seeking Research Volunteers

## Did you recently quit heroin?

## Interested in a research study that could potentially help decrease the craving?

Please contact our research staff to learn more about our clinical trial.

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Compensation will be provided for your participation.  
All Information Kept Confidential



BI IRB Approved 11/21/2016-6/1/2017

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TO QUALIFY, YOU MUST BE BETWEEN  
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HEALTH INSURANCE IS NOT NEEDED  
TO PARTICIPATE AND YOU MAY  
RECEIVE COMPENSATION FOR  
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PARTICIPANTS MUST BE WILLING TO  
MAKE FOUR SITE VISITS.

TO SEE IF YOU OR SOMEONE  
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www.SmokingTrials.com

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Free Treatment for individuals ages 55-95 with Alzheimer's  
disease who have symptoms of Agitation or Aggression



In this research study, eligible participants will receive free:  
Medical evaluation  
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*A caregiver needs to be involved during the  
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The study is conducted at New York State Psychiatric  
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funded by the National Institute of Health.



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If you can answer yes to the questions  
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Our study seeks to evaluate the safety and  
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There may be compensation available for  
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- Criminal

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Join a research study at the Columbia University Medical  
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- ✓ A free medical evaluation
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## LEGAL NOTICES

### NOTICE OF SALE

SUPREME COURT  
COUNTY OF QUEENS  
DEUTSHE BANK  
NATIONAL TRUST  
COMPANY, AS  
TRUSTEE OF THE  
INDYMAC IMSC  
MORTGAGE LOAN  
TRUST 2007-F1  
MORTGAGE PASS-  
THROUGH  
CERTIFICATES, SERIES  
2007-F1 UNDER THE  
POOLING AND  
SERVICING AGREEMENT  
DATED MAY 1, 2007,  
Plaintiff against VIRGILIO  
BUENO A/K/A VIRGLIO  
A. BUENO, et al Defendant(s)  
Pursuant to a Judgment of  
Foreclosure and Sale entered  
on December 9, 2016, I, the  
undersigned Referee will sell  
at public auction at the Queens  
County Supreme Courthouse,  
88-11 Sutphin Boulevard,  
Courtroom # 25, Jamaica, N.Y.  
on the 5th day of May, 2017 at  
10:00 a.m., Premises described  
as follows: All that certain plot,  
piece or parcel of land, lying and  
being in the Borough and  
County of Queens, City and State  
of New York. Said premises  
known as 104-30 37th Drive,  
Corona, N.Y. 11368, (Block:  
1774, Lot: 8). Approximate  
amount of lien \$1,126,441.32  
plus interest and costs. Premises  
will be sold subject to provisions  
of filed judgment and terms of sale.  
Index No. 1663-13  
David Dikman, Esq. Referee.  
McCabe, Weisberg & Conway, P.C.  
Attorney(s) for Plaintiff  
145 Huguenot Street, Suite 210  
New Rochelle, NY 10801  
914-636-8900

### NOTICE OF SALE

SUPREME COURT  
COUNTY OF QUEENS,  
WILMINGTON SAVINGS  
FUND SOCIETY, FSB,  
DOING BUSINESS AS  
CHRISTIANA TRUST,  
NOT IN ITS INDIVIDUAL  
CAPACITY, BUT SOLELY  
AS TRUSTEE FOR BCAT  
2015-13ATT, Plaintiff,  
vs. RAKESH RANI;  
JEET SINGH, ET AL.,  
Defendant(s).  
Pursuant to a Judgment of  
Foreclosure and Sale duly filed  
on February 22, 2017, I, the  
undersigned Referee will sell at  
public auction at the Queens  
County Supreme Courthouse,  
Courtroom 25, 88-11 Sutphin  
Boulevard, Jamaica, NY on  
April 21, 2017 at 10:00 a.m.,  
Premises known as 80-47  
251st Street, Bellerose, NY.  
All that certain plot, piece or  
parcel of land, with the  
buildings and improvements  
thereon erected, situate, lying  
and being in the Borough of  
Queens, County of Queens,  
City and State of New York,  
Block 8564 and Lot 56.  
Judgment Index # 6044/10.  
Approximate amount of  
judgment is \$536,220.28  
plus interest and costs.  
Premises will be sold subject  
to provisions of filed  
Judgment Index # 23624/12  
Kerry Katsorhis, Esq.  
Referee  
Knuckles, Komosinski &  
Manfro, LLP  
565 Taxter Road, Ste. 590  
Elmsford, NY 10523  
Attorneys for Plaintiff.

## LEGAL NOTICES

### NOTICE OF SALE

SUPREME COURT COUNTY OF  
QUEENS, FEDERAL NATIONAL  
MORTGAGE ASSOCIATION,  
Plaintiff, vs. JOSEPH CONWAY,  
ET AL., Defendant(s). Pursuant  
to a Judgment of Foreclosure  
and Sale duly filed on January  
03, 2017, I, the undersigned  
Referee will sell at public auction  
at the Queens County Supreme  
Courthouse, Courtroom 25, 88-  
11 Sutphin Boulevard, Jamaica,  
NY on April 28, 2017 at 10:00  
a.m., premises known as 95-19  
97th Street, Ozone Park, NY. All  
that certain plot, piece of parcel  
of land, with the buildings and  
improvements thereon erected,  
situate, lying and being in the  
Borough of Queens, County of  
Queens, City and State of New  
York, Block 9044 and Lot 35.  
Premises will be sold subject  
to provisions of filed Judgment  
Index # 6044/10.  
David Dikman, Esq. Referee  
Berkman, Henoch, Peterson,  
Peddy & Fenchel, P.C. 100  
Garden City Plaza  
Garden City, NY 11530  
Attorneys for Plaintiff.

### NOTICE OF FORMATION

of 695 Halsey LLC. Articles  
of Organization filed with the  
Secy. of State of New York  
(SSNY) on 01/20/2017. Office  
location: New York County.  
SSNY is designated as agent  
of LLC upon whom process  
against it may be served.  
SSNY shall mail process  
to the LLC c/o PO Box 1  
30006, New York, NY 10013.  
Purpose: Any lawful activity.

**NOTICE IS HEREBY GIVEN**  
that a license, Number 1301190,  
for Liquor, Beer & Wine has been  
applied for by the undersigned to sell  
Liquor, Beer & Wine at retail under the  
Alcoholic Beverage Control Law at  
190A Duane St., New York, NY 10013.  
New York County, for on-premises  
consumption. Thana Rest Inc.

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FOR LEASE LIC**  
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(TRIBOROUGH, RFK BRIDGE, PULASKI AND MIDTOWN TUNNEL)  
DESCRIPTION: LARGE WAREHOUSE TOTAL OF 2500 SQUARE FEET  
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5 STAFF MEMBERS  
14' GATE. LOCATION IS SUPERB LOCATION!!  
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or mail in B,C,2,3 trains**

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Reading by Phone First Reading Free



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Manhattan, NYC



## metro.us /games

### Across

- 1 Police alert
- 4 Dazed, with "out"
- 9 Wall climber
- 12 1939 Lugosi role
- 13 Nitrogen compound
- 14 Perfume holder
- 16 Feng --
- 17 Sheet of plywood
- 18 Horrible boss
- 19 Sci-fi invader
- 21 Nerve cells
- 23 Caper
- 25 Parched feeling
- 26 Film director Vittorio (2 wds.)
- 29 Licorice herb
- 31 Veld scavenger
- 32 Poet's black
- 33 Hearty swallow
- 37 Zoologists' mouths
- 38 Orchestra section
- 41 Derisive snort
- 42 Rains on
- 44 Diminish
- 45 Patsy of "I Fall to Pieces"
- 47 Stay in touch
- 49 Rough-textured
- 50 Get back
- 53 Prey grabber
- 55 Weather front (2 wds.)
- 57 Flustered
- 61 Mound
- 62 Gossip tidbits

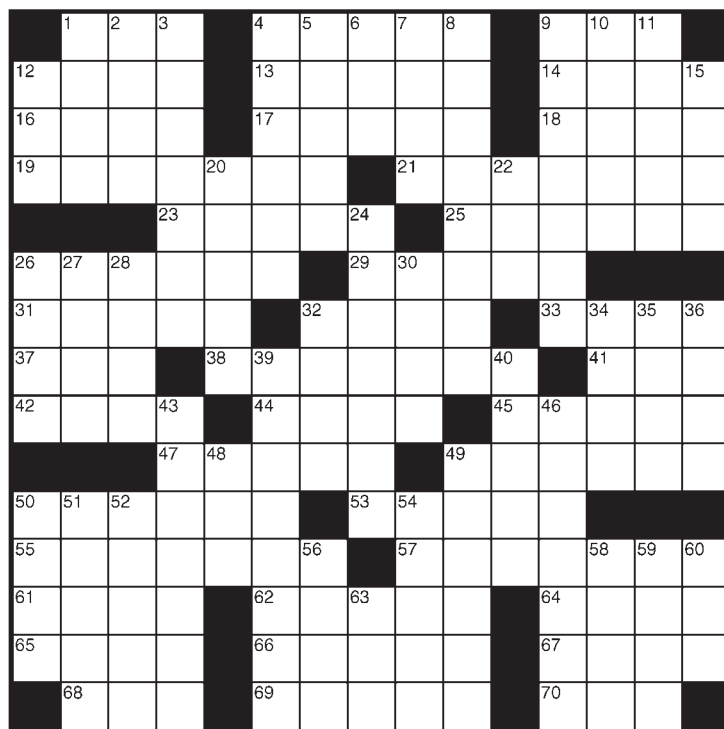
- 64 Sushi fish
- 65 Half a beef
- 66 Goose eggs
- 67 Break
- 68 U.K. lexicon
- 69 Grinding material
- 70 D.C. lobbyist

### Down

- 1 -- Khan
- 2 Serve tea
- 3 Dover locale
- 4 "Viva --!"
- 5 Saudi neighbor

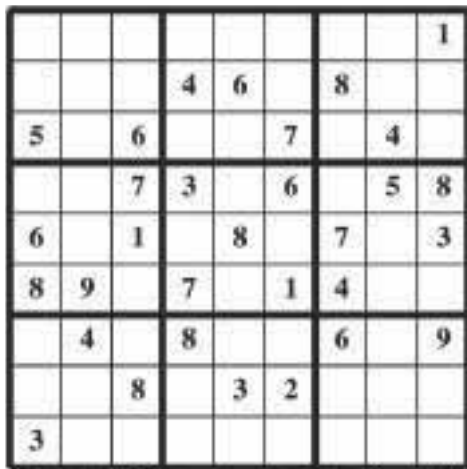
- 6 Author Anaïs --
- 7 Idyllic spot
- 8 Striking out
- 9 Slangy teeth
- 10 Vim's companion
- 11 Knitting materials
- 12 Distinctive doctrine
- 15 Just in case
- 20 Machu Picchu founders
- 22 Cousins of "um"
- 24 Kitchen fixture
- 26 Red Sea vessel
- 27 Rochester's Jane
- 28 Box or bucket --
- 30 Zilch
- 32 Q.E.D. part
- 34 Hum
- 35 McKellen and Holm
- 36 Clarified butter
- 39 Not a queen (2 wds.)
- 40 Make tracks
- 43 Overloaded
- 46 Light protector
- 48 Estuary
- 49 Elegant
- 50 Grandstand yells
- 51 Nursery song refrain
- 52 Do roadwork
- 54 Armadillo's protection
- 56 Banana stalk
- 58 Knowing look
- 59 Movie lioness
- 60 Aug. clock setting
- 63 Sooner than

## metro.us/crossword



## metro.us/sudoku

easy



hard



## metro.us/horoscopes



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**Taurus** Discuss your choices with someone you trust. Learn from people with experience, but thoroughly examine the information offered to you.



**Gemini** Stay on top of what others say, and get offers or promises in writing. If you want to bring about change, get approval before you begin. Avoid conflicts with partners.



**Cancer** Refrain from making an erratic move based on hearsay or peer pressure. Channel your energy into creative, innovative ideas and plans that will help you get ahead.



**Leo** Don't complain or criticize. It's in your best interest to make personal changes. Put more time into learning and applying what you discover to improve your life and future.



**Virgo** A little give-and-take and sincerity will bring you closer to your loved ones. Don't be afraid to be different. Home and health issues should be taken seriously.



**Libra** Don't give up or let your emotions take control. Keep your feet on the ground and stick to basics. Walk away from excessive people, and don't make compensations.



**Scorpio** A creative outlet will stimulate your mind and lead to all sorts of new possibilities. Serious discussions and personal changes look rewarding.



**Sagittarius** Indecisiveness will surface if you can't decide how you feel about someone. Consider the consequences and do your best to quantify the ideal way to move forward.



**Capricorn** Don't let others' actions discourage you. Do your own thing and don't feel obligated to take part in something you find risky. Make personal changes.



**Aquarius** Don't let the past haunt you. You need to recognize certain insincere gestures of friendliness. Someone using emotional blackmail will try to take advantage of you.



**Pisces** Do your thing and stop worrying about what others think. You cannot please everyone, but you can master the art of personal happiness. EUGENIA LAST

### Yesterday's answers



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